Physical Training = Military = old file =

1917 - 1919 (011)

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UNIVERSITY OF TORONTO

MILITARY TRAINING - 1917-18

Objections and unsatisfactory features

Uniforms -

Regular service issue - ill-fitting, hot and uncomfortable in Class rooms.

Heavier than ordinary attire - danger from cold in changing. Not distinquishable from C.E.F. uniforms and as a result students are subjected to criticism by returned men and others; and through the stupidity of the Military Police have been arrested for being on the streets without a pass.

Drill -

The military drill given is elementary and similar to that given in the secondary and high schools. It is monotonous and uninteresting. It can only be properly given out-of-doors, in fine weather. In bad weather there is no indoor accommodation sufficient to drill classes of from 200 to 250 men all at the same time.

Physical Drill -

The physical drill is that usually prescribed for setting-up exercises and under proper gymnasium conditions is most effective, in the physical improvement of the student.

Time -

Having all the drill classes at the same time viz: 4.10 to 5.30 makes it impossible to handle such large numbers effectively, and the fact that a large number of students who are free during the afternoons have to wait around the University until that time or else come from a distance specially for it, constitutes a real grievance and involves in the majority of cases a great waste of valuable time.

Instructors -

The Instructors are army men, and while their work has been excellent, they are not the type of men to be placed in charge of students.

Minor Grievances -

Having to wear uniforms which have been worn by others in the previous year. This, of course, applies to freshmen - men in the other years having their uniforms held for them.

Lack of co-operation on the part of many of the departments where lectures and laboratory work have been arranged at hours which conflict with the drill classes.

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C.O.T.C. -

The C.O.T.C. work has been suspended since May, 1917, and all grants stopped. We have been issuing C.O.T.C. equipment to the students for the purpose of carrying on the compulsory drill required by the Board of Governors. The men have not been sworn in nor made to sign the service rolls for the reason that the Corps has not the power to do so at the present time. Even if it had the power it would not be in accordance with the C.O.T.C. regulations to do so for the reason that a considerable percentage of the students are for one reason or another neither of the type nor of the character likely to make creditable and efficient officers.

Suggestions for consideration -

Physical Training -

The need of this should be emphasized. Students in the First and Second Years should be compelled to take it in some form, (the form to be prescribed by the Physical Director) and might be in sports such as Rugby, Soccer, Hockey, Basket-ball, Track, Boxing, Fencing and Wrestling etc., etc., and in Gymnasium Classes. The latter should consist of Physical Drill, setting of exercises, as well as advanced Gymnasium work.

Classes to be in charge of competent gymnasium instructors,

Physical Training -

and carried on throughout the day, so that students will be able to take the classes at convenient times and to fit in with the timetables for lectures.

Proper provision should be made in the timetables for these Gymnasium Classes.

C.O.T.C. -

The Officers' Training Corps to resume its work and provide the students with a standardized measure of military training with a view to their qualifying for commissions. The C.O.T.C. being a militia or volunteer unit, it is debatable whether this could be made compulsory, nor would it be feasible to attempt to train every student for an officer.

There is no question it would attract many of the students if the instruction were given by members of our own staff who have had experience during the war, and if academic credit were given as in the three years (1914-1917) that the course was in operation. Attendance at C.O.T.C. drills and lectures to be accepted in lieu of physical training.

Extension of Present C.O.T.C. organization - (in the future)

To provide for training of Officers in addition to -

Infantry

in the Army Medical Corps (Medical)

Engineers & Railway Troops (Applied Science)

Artillery ?

Forestry ?

Physical Training

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Toronto, February 17th, 1919.

Sir Robert Falconer,
President, University of Toronto,

Dear Sir:-

As requested, I am submitting a statement regarding the Physical work of the University as it will be inaugurated under the new system next Session.

The war and the medical examination of recruits has demonstrated our country's need of fit men.

Our army was recruited from every grade of society.

Our University sent its quota. Who were the fit men among our students? They were students who engaged in athletics.

Many of the others were just as brave - no room for criticism, but the fact remains, they were not fit.

We have at our disposal now perhaps the best all round outfit of its kind anywhere. Are we going to measure up to our opportunity and our obligation insofar as the health of our students is concerned?

The University man should be a leader in his community. His influence will depend to a great extent upon his physical condition.

The biggest factor in making our work a real success is supervision.

Insofar as the Physical Director is concerned, it will mean that his entire energy, thought and attention must be centred in this big undertaking. It will mean the giving up of all his other interests, and the giving of his entire time to the University.

This can be readily appreciated when we consider his duties which will include:-

(a) Supervision of entire physical work and responsibility for same.

(b) The physical examination of every male student of the University.

(c) To see the students of Classes 3 & 4 at regular intervals for further examination and advice.

(d) To keep in touch with the general conduct of students engaged in the various forms of athletic endeavour.

(e) To supervise the work of the various instructors.

In addition to these duties there is a big work for a Physical Director who is a medical man in helping to direct the student body as a whole and individually along social and sanitary lines. The demand for Physical Directors who are graduates in medicine exceeds the supply. They must be men of special attainments with an intimate technical knowledge aside from their knowledge of medicine. They cannot be grouped as a class as can officers of some of the other departments.

The Physical Director is also an integral part of the Athletic Association as he

(a) Examines all students engaged in athletics as to their fitness to engage therein.

(b) Attends to all injuries and accidents occurring in the games, and certifying when students are fit to return to athletics. Thus all athletics are supervised and rendered safe.

(c) Owing to his intimate knowledge of athletics, he is able to make rulings in all lines of athletic endeavour throughout the University. By adjudicating athletic matters daily he saves much time and effort on the part of clubs and the Athletic Association.

It would appear therefore that in view of the above that a portion of the salary of the Physical Director should quite properly be met by the Athletic Association. In addition to the Physical Director, two gymnasium directors giving their entire time, one gymnasium director giving part time and a swimming instructor giving whole or part time will be necessary. This amount of supervision will be absolutely essential to safe and efficient work, as there will be the two large and three small gymnasia, a corrective class gymnasium, and the swimming pool, all to be properly supervised.

Superiority of equipment will not make up for any lack of supervision.

Students required to take exercise, will be placed in following classes.

1. A. Physically fit - no gross defects. Select his own form of exercise.

2. B. Not so rugged. Select his exercise within limits set by Physical Director.

3. C. Exercise taken entirely under direction of Physical Director - mainly gymnasium exercise and games.

4. D. Temporarily unfit for exercise or requiring special corrective exercise to be taken in special corrective exercise room.

5. E. Unfit for any exercise.

Every student in every year must be examined as to

heart, lungs, hernia etc., as in the ordinary form of military examination. Those of the 1st and 2nd year below classes 1 and 2 will have complete measurements taken so that their progress may be noted at stated times during the year. Every student to take exercise will be on some roll book during entire session and his attendance recorded. He must attend at least two periods weekly at some form of prescribed athletic endeavour. If engaged in Rugby for instance he cannot make up extra hours for the post Rugby season, although a short breathing space will be allowed after the season to a regular player to prevent staleness or overwork.

As an officer of the University it may seem hardly my place to point out to yourself and the Board of Governors their opportunity and obligation at this time.

However as an officer of the University and as one who has devoted his life to this work, I feel it incumbent upon me to state that there is no more important part in University life than properly supervised physical exercise.

A man's influence and ambition will carry him only as far as his body can take him.

I trust, therefore that the Board of Governors will be properly seized with the importance of this work and will see that proper supervision is provided and maintained for this department.

Yours sincerely,

Geo. A. Barton M.D.
Phy. Dir.